

## NUTRITION EDUCATION LESSON PLAN

**Local WIC Provider:**

Lesson Title: Vary Your Veggies.....Focus on Fruit	Developed by: Colorado State University	Date: 2009
	<local agency nutritionist name>	Review Date:

MOWINS NE topic(s): Other (document FNEP in general notes) and Fruits and Vegetables

Target Population\*: Everyone ☒ Group Session

### Learning Objective(s):

Participants learn the importance of getting a daily variety of fruits and vegetables. They analyze the amount of fruits and vegetables they need each day and compare it to recommended amounts. Students identify ways to make fruits and vegetables safe to eat and ways to save money when buying fruits and vegetables. They create a meal with fruits and vegetables and compare juices/drinks to make the healthiest choice. They participate in physical activity. Students set activity goals and goals to get more fruits and vegetables.

### Learning Activities:

Participants discuss the importance of getting fruits and vegetables and the concept of variety. They list the amount of vegetables and fruit they ate in one day and compare that to recommended amounts. In small groups they discuss how to increase the fruits and vegetables in their diet. They talk about what they can do as parents when providing fruits and vegetables to their children. They discuss how parents are role models and how they can get their children to eat more fruits and vegetables. Food safety tips are shared. They participate in physical activity. Juices/drinks are compared to help participants make healthy choices. They set goals to eat more fruits and vegetables and become more active.

### Content:

Fruits and vegetables are an important part of the diet. Children may eat more of them when parents eat them, include them in family meals, snacks and make them more accessible. Food safety is important when handling and preparing fruits and vegetables.

### Methods, Materials, and Equipment

Handouts and worksheets reinforce the learning activities and content. Visuals are used. When time and facilities allow a food tasting, demo or preparation is conducted.

**Est. Cost:**

### Evaluation Method:

A retrospective pretest method is used - participants fill out an evaluation card at the end of the lesson.